

FOR IMMEDIATE RELEASE

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For More Information Contact

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Laura Wimmer, Cardiovascular Health Project Coordinator (804) 864-7884

Charles Ford, PIO (804) 864-7668

“LIFE AFTER STROKE” SEMINAR TO BE HELD IN RICHMOND

(RICHMOND, Va.)—Those who survive a first stroke and want to prevent another one can learn how at a “Life After Stroke” seminar Tuesday, May 16 from 10 a.m. to 1:30 p.m. at the Science Museum of Virginia. The stroke prevention seminar is co-sponsored by the Virginia Department of Health (VDH), Sheltering Arms Physical Rehabilitation Centers and Bon Secours Richmond Health System.

There is no cost to attend the seminar. Lunch will be provided to those who pre-register by noon Monday, May 15. To register, call (804) 764-5275. Bon Secours will provide free blood pressure and cholesterol screenings from 10 to 11:30 a.m. The American Heart Association will provide healthy cooking cookbooks as door prizes and other educational materials.

“This seminar can improve the lives of stroke survivors by giving them the tools to adopt healthier lifestyles and prevent additional strokes,” said State Health Commissioner Robert B. Stroube, M.D., M.P.H.

Stroke is the leading cause of disability and the third leading cause of death in Virginia. In 2003, the overall death rate from stroke in Virginia was 58.9 per 100,000. Blacks had a higher death rate than whites. Black males had the highest death rate of all at 91.2 per 100,000 population.

Beginning at 11:30 a.m. speakers from Sheltering Arms and St. Mary’s Hospital will discuss quality of life topics for stroke survivors, their family members and caregivers, including:

- Health management and secondary stroke prevention;
- Adaptive recreation resources to maintain an active lifestyle;
- Strategies and benefits of an appropriate exercise program;
- SaeboFlex therapy to regain use of your hands.

To learn more about stroke, visit the VDH Cardiovascular Health Project online at www.vdh.virginia.gov and click on “Healthy Living.”

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